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Monday, May 9, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

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ISLES BLANKED, BOUNCED

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BESS ADLER

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Mount Sinai Doctors

3 THINGS YOU NEED TO KNOW

CANADA FIRE RAGES, EVACUEES SET FOR LONG WAIT

A wildfire ripping through Canada's oil sands region was set to grow rapidly on Sunday but move further away from heavily populated areas, a fire official said. The fire which started near the town of Fort McMurray in northeast Alberta, spread so quickly that the town's 88,000 inhabitants barely had time to leave. Large parts of the town have been incinerated. The front of the fire was moving southeast, away from Fort McMurray toward the neighboring province of Saskatchewan, said wildfire information officer Travis Fairweather, but was not expected to reach the border on Sunday. REUTERS

CHINA TRADE MAY SWAY FED'S RATE DECISION

2 The Federal Reserve's debate over whether to raise U.S. interest rates in June may be decided in the coming week, as investors look for any cracks in China and evidence of a solid start to the second quarter in the United States. A run of Chinese data is expected to show activity moderated in April after a strong showing in March. A Reuters poll forecast a small drop in all-important exports last month. For much of the past year, China has been at the center of financial market turmoil, sometimes offering reassurance but mostly fuelling concern its economy — and global growth — are losing momentum. "Trade figures always matter enormously to a trade-dependent nation like China, so April's exports and imports will be closely watched," Scotiabank's Derek Holt said. Economic activity increased in the first quarter because of record bank lending. But worries about a commodity bubble and fast-rising home prices, as well as spreading debt defaults and bad loans, led regulators to tap the brakes on expectations of further aggressive stimulus. REUTERS

US, ALLIES CONDUCT 25 AIRSTRIKES AGAINST ISLAMIC STATE MILITANTS: US MILITARY

3 The United States and its allies targeted Islamic State in Iraq with 17 air strikes on Saturday, and hit the militant group with eight air strikes in Syria, the U.S. military said on Sunday. Six of the strikes in Iraq were near Mosul, hitting four Islamic State tactical units and destroying four vehicles. In Syria, three strikes were near Mar'a. They struck three Islamic State tactical units and destroyed three Islamic State fighting positions, the military said in a statement. REUTERS

GETTY IMAGES

BOLARIS' WEATHER WATCH: LET'S WELCOME BACK THE SUN

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

I don't know about you, but these last two weeks of the funk, clouds, drizzle, rain and unseasonably cool temperatures zapped me of energy and overall happiness. Weather moods are quite common as the paucity of sunlight — along with extended periods of unsettled weather — can definitely bring you down and put you in what I call a deep weather funk.

On the other hand, a nice dose of vitamin D (sunshine) helps to boost one's energy and spirits. Whether it's psychological or physiological, we are all affected by the weather.

The reason for the extended period of the funk was due to what we call an atmospheric omega block, which looks like an upside-down U in the atmosphere and locks in whatever type of weather is going on in a particular region.

If you're lucky, you're on the nice side of the block with days of sunshine. If you're unlucky, you live in the funk for an extended period of time.

Unfortunately, the Northeast was locked into the unsettled side of the block, as the atmosphere got cut off from any type of movement, much like a clogged toilet. You need some sort of a kicker to move the block, in our case it was a very strong cool front that arrived Sunday afternoon (just in time for Mom's Day) which relieved us of atmospheric constipation and allowed for the sun to return.

Looking ahead, New York and Boston will see a good amount of sunshine right through most of Thursday, although New York City could see some clouds spill in for a brief time on Tuesday.

Philadelphia, after some sunshine to start the day on Monday, you will see a return to clouds and a passing shower on Tuesday as a stalled front will oscillate over the region into Wednesday morning then clear out.

But before we start doing the happy dance, there are signs that the funk could return as we move into Friday and the upcoming weekend.

New York City

Monday: Wind-blown sunshine. High 71

Tuesday: Clouds creep in. High 65

Wednesday: Becoming sunny. High 68

Thursday: Sunshine, late clouds. High 69

Friday: Showers, then late drying. High 68

Saturday: Rain by afternoon. High 63

Sunday: Changeable skies, passing shower. High 63

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NYC nonprofits tackle mental health stigma in Latino communities

Alzheimer's and dementia often overlooked.

MATTHEW DINARO
@MetroNewYork
letters@metro.us

Vera Galeas is the caregiver for her 85-year-old mother who was diagnosed with vascular dementia. BESS ADLER

At first, Vera Galeas was reluctant to reach for a helping hand to deal with her mother's dementia.

"In the Hispanic community we are very much into 'I know everything' and 'I do it by myself and 'I don't want any help.' It's embarrassing to ask for help, plus what are people going to say?" she said. "But we hurt ourselves."

Galeas is one of an estimated 425,000 caregivers in New York City who are helping family members with Alzheimer's disease or other forms of dementia.

The journey from isolation to outreach was a rocky one. While the Yonkers resident is working with the nonprofit PSS Circle of Care to access services for her mother, she wasn't also open to receiving help from others. Her unwillingness to get outside help came from not believing her mother's health was as bad as it seemed and her culture teaching her that children were solely responsible for parents.

According to the Alzheimer's Association, Hispanics are at a higher risk for Alzheimer's and other forms of dementia than elderly Caucasian individuals. However, even with the high risk, the National Council on Aging has found that among Spanish-language communities there is a lack of knowledge of these illnesses, with many not fully knowing the extent and complications of the disease.

For Galeas — whose mom emigrated from Guatemala — it took a case of coincidence for her to realize that her mother needed more than just help from her family.

Galeas said she attended what she thought was a caregiver gathering aimed at those caring for children — where she planned to bring back information to her job at the Family Learning Place at the Children's Hospital — but instead found it was for seniors.

PSS staff had been on hand and offered examples of what happens when elderly individuals deal with issues such as dementia.

"A light went on and I was like, 'Oh my gosh, that sounds like my mother,'" Galeas said.

Even with the information right in front of her, Galeas said she still put aside the material and believed her mother was not that bad. Three months later the doctors diagnosed her mother in the late beginning/mid stages of dementia.

She decided to reach out to PSS but again was reluctant to seek help, even after a case worker evaluated her situation. However, her mother's health kept deteriorating and it became increasingly stressful to deal with everything on her own.

Where to get help

To find out more about the PSS Circle of Care Alzheimer's caregiver program, caregivers can email careinfo@pssusa.org or go to their website at pssusa.org/caregivers/caregiver-services.

For Sunnyside Community Services' program, caregivers can go to their website at scsny.org/programs/youth-and-family-programs/care-nyc or email them at carenyc@scsny.org.

"Within a couple of weeks she went from taking care of herself, doing everything she was supposed to do, to failing. Every other day there was an issue," Galeas said.

In the past year, PSS has helped Galeas seek help for her mother, receive a grant from the Alzheimer's Association, guided her through services for her mom, and also provided her with a support group which has taught her to remove the guilt and not be afraid to ask for help.

And even though Galeas added that she is coming to terms with her mother's illness, her two sisters — who are nurses — are still in denial. She said they do not address the disease by its name and will not attend PSS support groups.

"The more she deteriorates, the harder it is for them," she said.

Six months ago, Galeas' mother was moved to St. Patrick's Home in the Bronx, and while the family was met with critiques from "nosy neighbors" and there are still bad days when her mother's behavior is erratic, she says her mother is more peaceful.

And even if there is still a long road ahead, she said she knows she has the support system to move forward.

"Right now, if I didn't contact [PSS], I think I would still be handling things by myself with a lot of guilt," she said. "I should have three years ago immediately asked for help."

PSS is one of two New York City nonprofits — including Sunnyside Community Services (SCS) — awarded $15 millions over the next five years through Gov. Andrew Cuomo's Alzheimer's Caregiver Support Initiative.

With these funds, the nonprofits will roll out caregiver support services throughout the five boroughs — which before was limited to a few communities.

The goal is to help ease the level of stress among caregivers, while also addressing the issue in largely Latino communities so more individuals either seek help or just get informed.

"They feel that no one is going to care for their loved one better than them and they are the ones that should be doing it anyways," said Diana King, PSS Circle of Care case worker. "No caregiver should have to do this alone."

Judy Zangwill, executive director at SCS, hopes the expansion of their services will allow families to seek help early on in the diseases and lift barriers that individuals — primarily in immigrant communities — face.

Along with being there to offer caregivers support, Zangwill added that SCS aims to also help senior citizens transition into other programs within the center so they always feel like they are in a trusting environment.

"We are supposed to have it all together, we can't fall apart and I think that one of the goals is to prevent [caregivers] from getting to that point," Zangwill said. "We see our role as helping them navigate these systems so they can access the help they need."

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One winning ticket sold in $429 million Powerball lottery

Powerball lottery cards in a display GETTY IMAGES

Kelly Cripe, a Texas-based lottery spokeswoman, said Saturday's Powerball followed 17 consecutive draws without a winner.

One winning ticket matched the numbers drawn on Saturday night for the multi-state Powerball jackpot for a payout estimated at $429.6 million, the ninth-highest U.S. lottery prize in history, officials said.

The winning numbers selected just before 11 p.m. EDT were 25 66 44 5 26 with the Powerball 9. Lottery officials said one ticket, purchased in New Jersey, had the winning combination, according to media reports.

The winner was not identified. Winners of huge lottery payouts sometimes do not come forward publicly for months.

It was the largest jackpot for any U.S. lottery since January, when three Powerball tickets split a record $1.6 billion.

The odds of winning at Powerball are one in 292 million. Statistics experts say that means an American is roughly 25 times more likely to become the next president of the United States than to win the game.

A spate of late ticket-buying on Saturday increased the jackpot by some $15 million, to an estimated $429.6 million. Powerball is played in 44 states, as well as the District of Columbia, Puerto Rico and the U.S. Virgin Islands. REUTERS

America's Cup race

Oracle Team USA during Day 2 of the Louis Vuitton Americas Cup World Series on the Hudson River.

Emirates Team New Zealand celebrates the win during Day 2 of the Louis Vuitton America's Cup World Series Racing on Sunday on the Hudson River in lower Manhattan. GETTY IMAGES

Groupama Team France, skippered by Franck Cammas during Day 2 of the Louis Vuitton America's Cup World Series Racing on May 8, 2016, on the Hudson River in New York City.

BRIEFS

NYPD seeks suspect in attempted rape in Bronx

Police on Sunday released images of a man wanted for questioning in connection to an attempted rape of a woman in the lobby of her apartment building.

The incident happened on April 29 near Croes Avenue and East 174th Street in the Soundview section of the Bronx.

According to police, a man approached a 29-year-old woman from behind as she was entering her building. He pushed into the lobby, covered her mouth, groped her and tried to remove her clothes.

The victim fought him off but suffered scratches to her face. She refused medical attention at the scene, according to police.

The surveillance footage shows an unknown male inside a bodega located on East 174th Street shortly after the incident.

Anyone with information about the suspect is asked to visit the Crime Stoppers website or call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

Priest struck and wounded by stray bullet in Queens

A priest was wounded after being struck by a stray bullet in Queens early Sunday, according to police.

The incident happened around midnight near 134th Avenue and Rockaway Boulevard in South Ozone Park. He was on his way home from visiting friends and was waiting for a cab when he heard the gunfire and suddenly felt pain in his right arm, according to ABC7.

The priest was shot in the shoulder while walking by the area.

Father Damien Ekete, 49, a pastor at the Church of the Holy Spirit in Morris Heights in the Bronx, was taken to Jamaica Hospital and is listed in stable condition.

Police believe he was a bystander and not a target in the shooting. No arrests have been made.

One dead, one injured after stabbing outside Bronx bodega

One person is dead and another is in critical condition after a dispute outside of a Bronx bodega, late Saturday night.

Around 11 p.m. police responded to a call of two men stabbed in front of 363 E. 151st Street in the Bronx.

They found a 26-year-old man who had been stabbed in the torso and a 30-year-old man with a stab wound in his abdomen.

EMS arrived and transported both men to Lincoln Hospital, where the 26-year-old man was pronounced dead. The 30-year-old is in critical condition, according to police.

There were no arrests made at the scene and the investigation is ongoing. LENYON WHITAKER

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BRIEF

Man charged in crash that killed sister of retired Supreme Court justice

An Arizona man has been charged with manslaughter and driving under the influence after a collision that killed Ann Day, a former state senator and sister of retired U.S. Supreme Court Justice Sandra Day O'Connor, authorities said on Sunday.

Jarrad Barnes, 24, of Tucson, was driving a vehicle that crossed the raised median of a highway in the desert city on Saturday and struck Day's car head on, Pima County Sheriff Chris Nanos said in a statement. The 77-year-old woman was pronounced dead at a nearby hospital.

Jarrad Barnes HANDOUT

Barnes was booked at the Pima County Jail after being released from the hospital with non-life threatening injuries sustained in the accident, the statement said.

A spokesman for the sheriff's department said the results of toxicology tests would be available in about two weeks.

Day, a Republican and a member of a pioneering family of ranchers, served as a state senator for 10 years and a Pima County supervisor for 12 years, according to local media.

Her older sister Sandra Day O'Connor was the first woman to be appointed to the Supreme Court, after her nomination by President Ronald Reagan in 1981. She retired in 2006. REUTERS

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Greek parliament building in Athens GETTY IMAGES

Greek lawmakers pass painful reforms to attain fiscal targets

Greece's parliament on early Monday passed a package of unpopular pension and tax reforms that the country's leftist-led government hopes will persuade official creditors to unlock bail-out cash.

The measures aim to ensure Greece will attain savings to meet an agreed 3.5 percent budget surplus target before interest payments in 2018, helping it to regain bond market access and render its debt load sustainable.

The vote was a test of the ruling coalition's cohesion, given its wafer-thin majority of three lawmakers in the 300-seat parliament. All of the coalition's 153 lawmakers voted in favor.

Athens wants to boost tax revenues and slash pension spending to reduce the drain on the budget, hoping impressed creditors will unlock aid. But Germany and the IMF remain deadlocked over the terms of country's bailout plan.

Prime Minister Alexis Tsipras' government drew fire from the political opposition during the debate on grounds the pension cuts and tax hikes will prove recessionary, dealing another blow to a population fatigued by years of austerity.

"Mr. Prime Minister, you promised hope and turned it into despair," said Fofi Gennimata, leader of the opposition PASOK socialists, who see the package as the bill for Tsipras' failed push to roll back austerity in last year's clash with lenders which set back the economy and triggered capital control.

Tsipras' government was re-elected in September on promises to ease the pain of austerity for the poor and protect pensions after he was forced to sign up to a new bailout in July to keep the country in the euro zone.

"The measures will be a tombstone for growth prospects," said Kyriakos Mitsotakis, leader of the conservative New Democracy party which leads in opinion polls.

Police fired rounds of teargas during protests outside parliament in central Athens before the vote began, the night before a key Eurogroup meeting for Greece.

The package aims to generate savings equal to 3 percent of GDP and contemplates raising income tax for high earners and lowering tax-free thresholds. REUTERS

Penn State president 'appalled' by media reports

Joe Paterno was fired in 2011 and died in January 2012. GETTY IMAGES

New allegations about Paterno, a legendary figure at Penn State and still revered by many supporters, surfaced last week in court documents in a civil case over settlements with victims of his assistant Jerry Sandusky.

The president of Penn State said on Sunday he was appalled by the media coverage surrounding allegations the university's late head football coach Joe Paterno knew about child sex abuse by his assistant coach as far back as the mid-1970s.

Paterno, who died in January 2012, was fired in 2011 after disclosures that he knew Sandusky sexually abused a young boy in the school's football showers in 2002 and that, while he told university officials, he failed to notify police.

The new allegations involve alleged incidents that are years older.

"I am appalled by the rumor, innuendo and rush to judgment that have accompanied the media stories surrounding these allegations," Eric Barron, president of Pennsylvania State University, said in an open letter on the school's website.

None of the fresh allegations, which threaten to reopen a scandal that rocked the school's vaunted football program and college sports in general, have been substantiated in a court of law and they are unsupported by any evidence, Barron said.

They came in a court opinion by Philadelphia Court of Common Pleas Judge Gary Glazer, who wrote that witnesses testified in depositions that Paterno was told in 1976, 1987 and 1988 about sex abuse by Sandusky.

Glazer's opinion was filed in a lawsuit involving the school's former insurer, Pennsylvania Manufacturers' Association.

Since Paterno did not report the three incidents to top university officials or police, Glazer said, the university can legally claim it was unaware of them and thus remains insured for any settlements with victims prior to 1992, when the liability policy was changed to exclude sexual abuse.

The civil case aims to determine whether the school or its insurer should pay millions of dollars in damages to Sandusky's victims.

Paterno's son, Scott Paterno, dismissed as "bunk" the allegations that his father was told about abuse decades ago.

Sandusky, 72, is serving 30 to 60 years in prison after a jury convicted him of molesting 10 boys in incidents dating back to the 1990s. REUTERS

BRIEF

California Muslim student wrongly identified as 'Isis' in yearbook

A California student was embarrassed and distressed after a picture of her wearing an Islamic head scarf, or hijab, appeared in her high school yearbook with the false name "Isis Phillips," a Muslim advocacy group said on Sunday.

The senior at Los Osos High School in Rancho Cucamonga and her parents were "embarrassed after seeing the picture in the yearbook and have suffered a great deal of emotional and psychological distress," according to an emailed statement by the Council on American-Islamic Relations, or CAIR.

The school's principal has apologized for what she described as a "misprint," and CAIR said its legal team would meet on Monday with the family and school officials, and seek an investigation of the incident, a spokesman told Reuters.

ISIS is one way to refer to Islamic State, the militant group that has seized large swathes of Iraq and Syria and claimed responsibility for bombings in Europe. The United Nations defines Islamic State as a terrorist group.

A student who worked on the yearbook said the printing of the wrong name was a mistake, and that a student named Isis Phillips had transferred from the school earlier in the year, according to a report in the New York Daily News.

The yearbook page has been posted and shared numerous times on social media, including by the student who was pictured, whose name is Bayan Zehlif, according to the New York Daily News.

Reuters was not able to independently verify that the page belongs to the Muslim student, or whether that is her real name. REUTERS

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RACE FOR THE WHITE HOUSE

Trump, in reversal, says the wealthy should pay more taxes

Donald Trump said on Sunday he is open to raising taxes on wealthy Americans, backing off his prior proposal to reduce taxes on all Americans.

"I am willing to pay more, and you know what, the wealthy are willing to pay more," Trump told ABC's "This Week."

But prominent Republicans remain deeply divided over the New York billionaire's candidacy. Republicans such as Paul Ryan, the top Republican in the House of Representatives, have distanced themselves from Trump over his proposal to temporarily ban Muslims from entering the United States.

Donald Trump GETTY IMAGES

Trump's fiercely anti-trade rhetoric is also at odds with the views of Ryan and many other pro-business Republicans.

Trump's tax proposal, released last September, included broad tax breaks for businesses and households. He proposed reducing the highest income-tax rate to 25 percent from the current 39.6 percent rate.

Pressed on the contradiction between his latest comments on taxes and the September tax plan, Trump said that he expected his original proposal was "a concept" and he expected that it would be changed following negotiations with Congress.

"By the time it gets negotiated, it's going to be a different plan," Trump told ABC. He emphasized in interviews with both ABC and in a separate interview with NBC's "Meet the Press" that his priorities were lowering taxes on the middle class and businesses. REUTERS

SOAP OPERA

Name calling, secret meetings, accusations — the unhinged soap opera we call Campaign 2016 is getting wilder. So pack the kids off to school and climb into the Stratolounger, here are my three things to watch this week in politics.

1. RYAN'S HOPE?

Some big Republicans are already endorsing Donald Trump, but Speaker of the House Paul Ryan has put metal in the science oven by withholding his support for his party's presumptive nominee. And the sparks will be sizzling all over Capitol Hill as Congress comes back into session this week. Thursday, Ryan and Trump are expected to meet to see if they can agree on some things. If so, watch for a strained but cordial show of unity; if not, keep an eye on how GOP lawmakers pick sides ... with the political fate of both men potentially at stake.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

2. THE YOUNG AND THE RESTLESS

So why won't Bernie Sanders tell his army of eager, idealistic young supporters to give up already and throw their support behind Hillary Clinton? Maybe because the senator from Vermont won Indiana and has a good shot at winning a couple more states this month, too. He can't beat her math at this point. Clinton has a virtually unbeatable edge for the nomination. But with every win he presses his argument that he may be a stronger candidate for the Democrats. Just as importantly, he applies pressure for Camp Clinton to adopt more of his positions or maybe take his measurements for a veep suit. Stay tuned ...

3. THE EDGE OF NIGHT

Some frustrated Democrats wanted anyone but Hillary Clinton with her huge negative ratings and political baggage. Some desperate Republicans wanted anyone but Trump with his huge ego and — well, pretty much everything. Now some on both sides and in the middle are hoping for a miraculous third party candidate to emerge from the darkness. Watch for a more names to be floated fast but then abandon hope, because the only three that will stick around are Shoulda, Woulda and Coulda.

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Philippines votes for a new president, Trump-like mayor is favorite

The Philippines votes for a new president on Monday after an acrimonious election campaign that revealed popular disgust with the country's ruling elite for failing to make inroads into poverty and inequality despite years of robust economic growth.

Opinion polls in the days ahead of the vote showed that Rodrigo Duterte — a city mayor whose brash challenge to the political establishment has drawn comparisons with Donald Trump — was comfortably ahead of his four rivals for the presidency.

The firebrand mayor's single-issue campaign focused on law and order tapped into anxiety about corruption, crime and drug abuse, but his incendiary rhetoric and

A woman looks for her name and assigned precinct. GETTY IMAGES

advocacy of extrajudicial killings brought predictions that he would be a dictator.

"Mr. Duterte's campaign symbol is a fist — intended for lawbreakers, but seemingly also aimed at the oligarchy," Miguel Syjuco, a respected Philippine writer, said in an opinion column last week. "The message resonates with the frustrated poor who feel let down by the government, but his fans span all classes."

He said Duterte's "change is coming" slogan was "the exactly right message from the completely wrong messenger."

Manuel Roxas, the grandson of a former president and favoured candidate of outgoing President Benigno Aquino, told a recent news conference that the election was "the force of democracy against the force of dictatorship."

Despite these concerns, global risk research firm Eurasia Group said in a report ahead of the election that regardless of who wins the Philippines is likely to continue on the pro-growth and reform-oriented path set by Aquino. REUTERS

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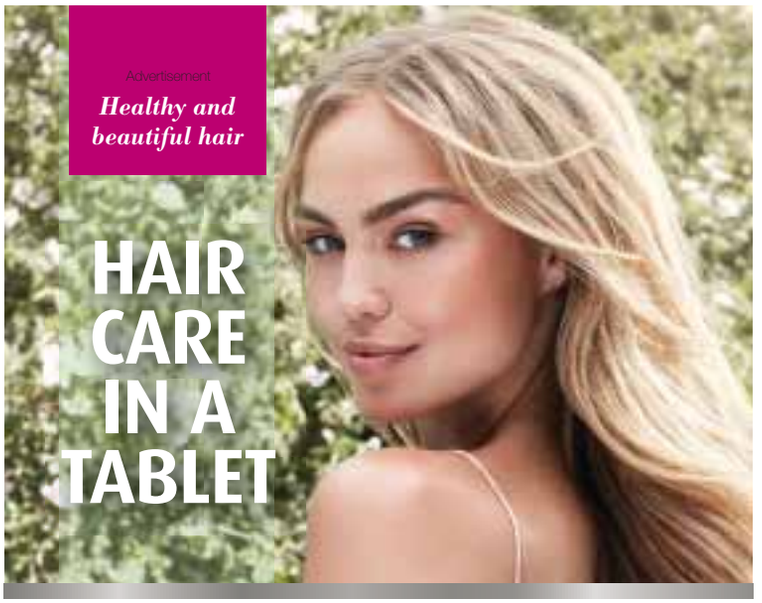

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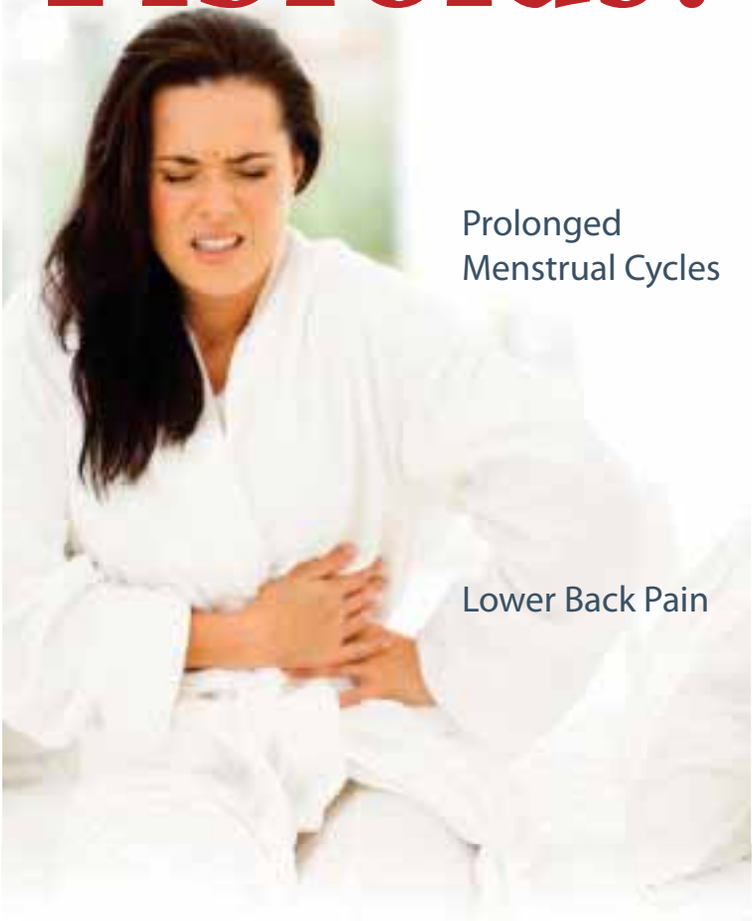

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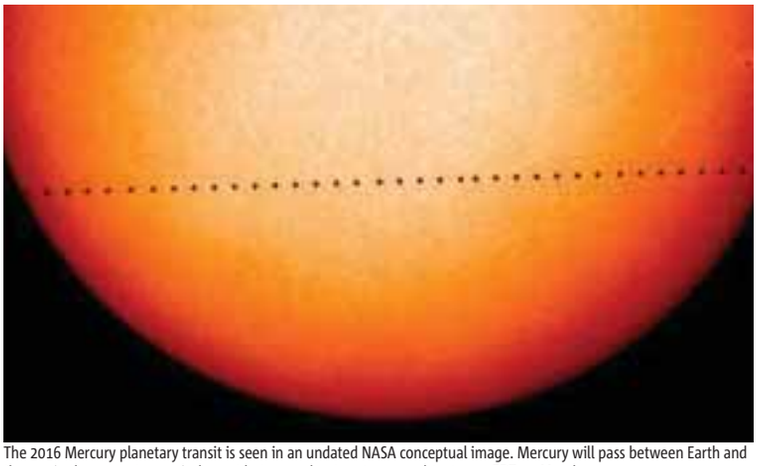
Mercury poised for rare 'transit' across sun's face on Monday



The 2016 Mercury planetary transit is seen in an undated NASA conceptual image. Mercury will pass between Earth and the sun in the rare astronomical event between about 7:12 a.m. and 2:42 p.m. EDT on Monday. NASA HANDOUT

Stargazers will have a rare opportunity on Monday to witness Mercury fly directly across the face of the sun, a sight that unfolds once every 10 years or so, as Earth and its smaller neighboring planet come into perfect alignment.

The best vantage points to observe the celestial event, known to astronomers as a transit, are eastern North America, South America, Western Europe and Africa, assuming clouds are not obscuring the sun. In those regions, the entire transit will occur during daylight hours, according to Sky and Telescope magazine.

But Mercury is too small to see without high-powered binoculars or a telescope, and looking directly at the sun, even with sunglasses, could cause permanent eye damage.

Fortunately NASA and astronomy organizations are providing virtual ringside seats for the show by live-streaming images of the transit in its entirety and providing expert commentary.

The tiny planet, slightly larger than Earth's moon, will start off as a small black dot on the edge of the sun at 7:12 a.m. Traveling 30 miles a second, Mercury will take 7.5 hours to cross the face of the sun, which is about 864,300 miles in diameter, or about 109 times larger than Earth.

"Unlike sunspots, which have irregular shapes and grayish borders, Mercury's silhouette will be black and precisely round," Sky and Telescope said in a press release.

The event will come into view in the western United States after dawn, with the transit already in progress. The show will end at sunset in parts of Europe, Africa and most of Asia.

NASA Television, available on the Internet, will broadcast live video and images from the orbiting Solar Dynamics Observatory and other telescopes. The show includes informal discussions with NASA scientists, who will answer questions submitted via Twitter using the hashtag #AskNASA.

Scientists will take advantage of Mercury's transit for a variety of science projects, including refining techniques to look for planets beyond the solar system.

"When a planet crosses in front of the sun, it causes the sun's brightness to dim. Scientists can measure similar brightness dips from other stars to find planets orbiting them," NASA said.

Mercury's last transit was in 2006 and the planet will pass between the sun and Earth again in 2019. After that, the next opportunity to witness the event will not come until 2032. REUTERS

BRIEF

Feds order Washington subway to tighten safety after rail fire

Federal officials ordered Washington's troubled subway to tighten safety standards because of a rail fire, a directive that followed announcement of an extensive repair program to boost reliability.

The response by Metro subway employees to the explosion of a third-rail insulator and fire on Thursday showed major lapses by the system's control center, the Federal Transit Administration said in a directive.

Metro, the second-busiest U.S. subway system, must "take urgent action to address persistent safety findings with personnel response to safety risk," it said.

The Thursday fire was the eighth smoke and fire incident involving Metro since April 23, the FTA said.

REUTERS

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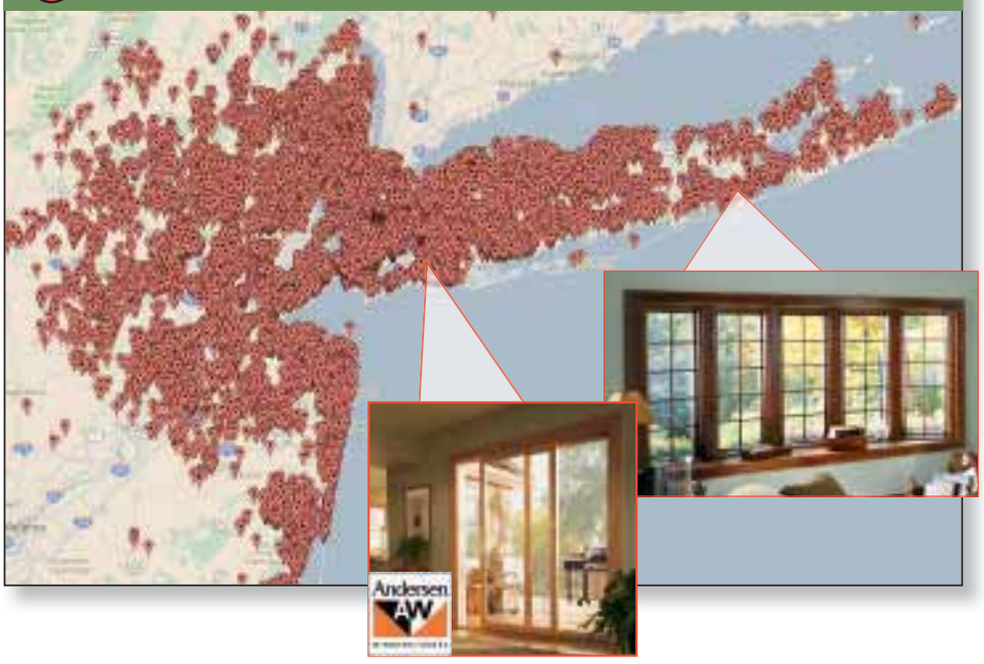

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North Korea leader Kim sets five-year economic plan, vows nuclear restraint

This photo showing North Korean leader Kim Jong-Un was released by North Korea's official Korean Central News Agency (KCNA). GETTY IMAGES

The North "will faithfully fulfil its obligation for non-proliferation and strive for global denuclearization," Kim said at the rare congress of the ruling Workers' Party.

North Korean leader Kim Jong Un said his country would not use nuclear weapons unless its sovereignty is infringed by others with nuclear arms, in a speech broadcast on Sunday, and set a five-year plan to boost the secretive state's moribund economy.

Pyongyang was also willing to normalize ties with states that had been hostile toward it, Kim said.

Isolated North Korea has made similar statements in the past, although it has also frequently threatened to attack the United States and South Korea, and has defied United Nations resolutions in its pursuit of nuclear weapons.

The first party congress in 36 years began on Friday amid anticipation by the South Korean government and experts that the young third-generation leader would use it to further consolidate power. Kim became leader in 2011 after his father's sudden death.

North Korea's economy is squeezed by U.N. sanctions that were tightened in March following its latest nuclear test, and Kim's five-year plan to boost economic growth emphasized the need to improve North Korea's electricity supply and develop domestic sources of energy, including nuclear power.

He laid out the blueprint in an address highlighting his "Byongjin" policy of jointly pushing forward economic development and nuclear armament.

On Sunday morning, foreign journalists were told to dress presentably and were brought to the People's Palace of Culture, where dozens of black Mercedes-Benz sedans, with the 727 number plates reserved for top government officials, were parked.

However, after a one-hour wait in a lobby outside large wooden doors with frosted glass, the journalists were taken back to their hotel without having met any officials.

While the North Korean capital has been tidied-up as part of a 70-day campaign of intensified labor ahead of the congress, the 128 members of the foreign media issued visas to cover the event had yet to be granted access to the proceedings as of Sunday afternoon. REUTERS

BRIEF

Turkish shelling kills 55 Islamic State militants in Syria: military sources

Turkish shelling killed 55 Islamic State insurgents in northern Syria on Saturday, military sources said, in retaliation for weeks of rocket attacks on a Turkish border town.

Artillery fire hit the regions of Suran and Tal El Hisn north of Aleppo, as well as Baragidah and Kusakcik, taking out three rocket installations and three vehicles in addition to killing the militants, the sources said on Sunday.

The Turkish border town of Kilis, which lies just across the frontier from Islamic State-controlled territory of Syria, has been regularly struck by rockets in recent weeks, killing about 20 people and wounding 70 more, according to state-run Anadolu Agency.

The Turkish military usually responds with artillery barrages into northern Syria, but officials have said it is difficult to hit mobile Islamic State targets with howitzers. Turkish officials have said they need more help from Western allies in defending Kilis and the border. REUTERS

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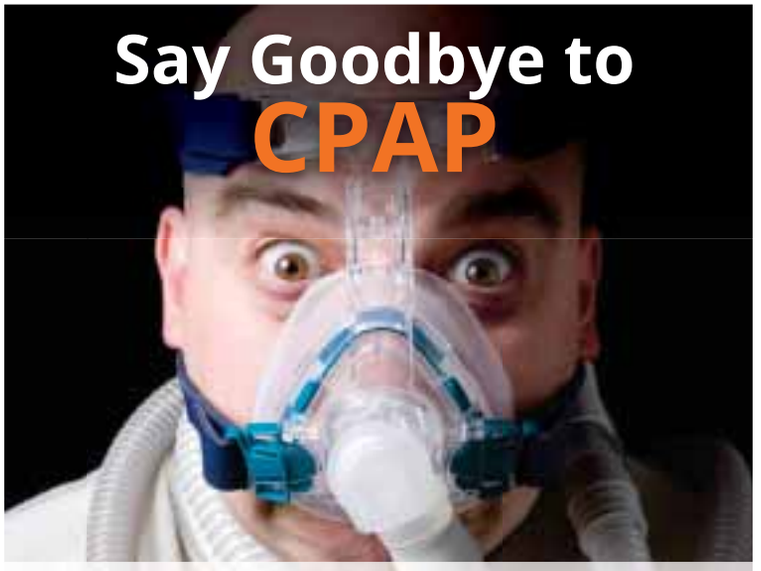

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Uber, Lyft spend big, lose big in Texas vote on driver fingerprinting

On-demand ride companies Uber and Lyft suffered an embarrassing defeat in a Saturday election in Austin as voters backed a measure requiring fingerprint background checks for drivers.

The two companies spent more than $8 million to repeal a city ordinance requiring the fingerprint-based criminal checks and launched what turned into the most expensive race in the Texas capital's history. Voters said by a margin of 56 to 44 percent they wanted the fingerprint checks to stay.

The companies outspent their opponents by 80-to-1 and when the votes were tallied their campaign contributions broke down to being more than $200 for each vote in favor of their position.

"Disappointment does not begin to describe how we feel about shutting down operations in Austin," Uber's Austin general manager Chris Nakutis said in a statement.

The Lyft app is seen on a passenger's phone. GETTY IMAGES

The stakes were high for the privately held Uber [UBER.UL] and Lyft, which say their background checks are already rigorous and ensure safety.

"Unfortunately, the rules passed by City Council don't allow true ridesharing to operate," Lyft said, adding it will suspend operations in Austin as of Monday.

The loss could prod other cities to require fingerprint criminal background checks, encouraged that they can survive a bruising electoral battle with the ride-hailing services, analysts said.

The costly municipal election in Austin came as other cities consider imposing fingerprint-based background checks on drivers. The Austin election marked the first time a major U.S. city put the regulations to a vote, which happened after a petition drive by Ride-sharing Works for Austin, the political action group underwritten by Uber and Lyft.

Residents were asked to decide whether a transportation ordinance passed by the City Council in December should be repealed and replaced with one backed by the on-demand ride companies.

The city ordinance calls for all ride-hailing service drivers to have fingerprint-based criminal background checks, while the ride-hailing companies backed one that does not.

The group supporting mandated fingerprinting said the heavy spending was a signal that the Uber and Lyft campaign was motivated more by corporate profits than passenger safety.

Other places battling over fingerprints include Atlanta and Houston, which along with New York is one of the two major U.S. cities where Uber operates even though its drivers are required to undergo the fingerprint background checks.

REUTERS

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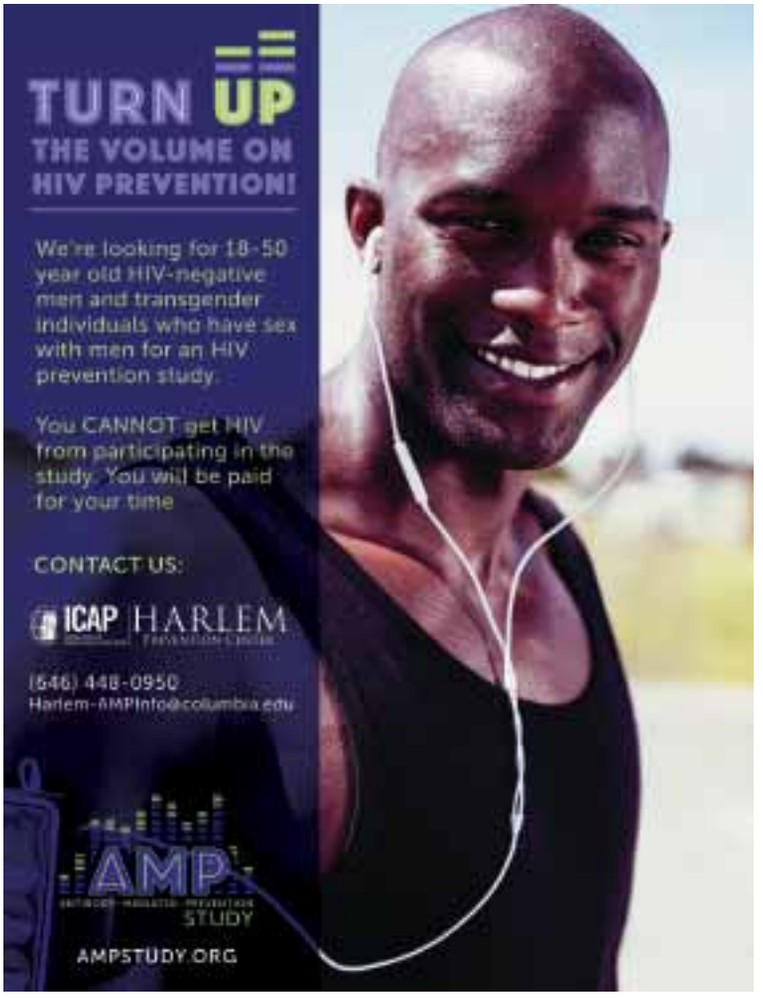
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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the Downtown Medical in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at Downtown Medical because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

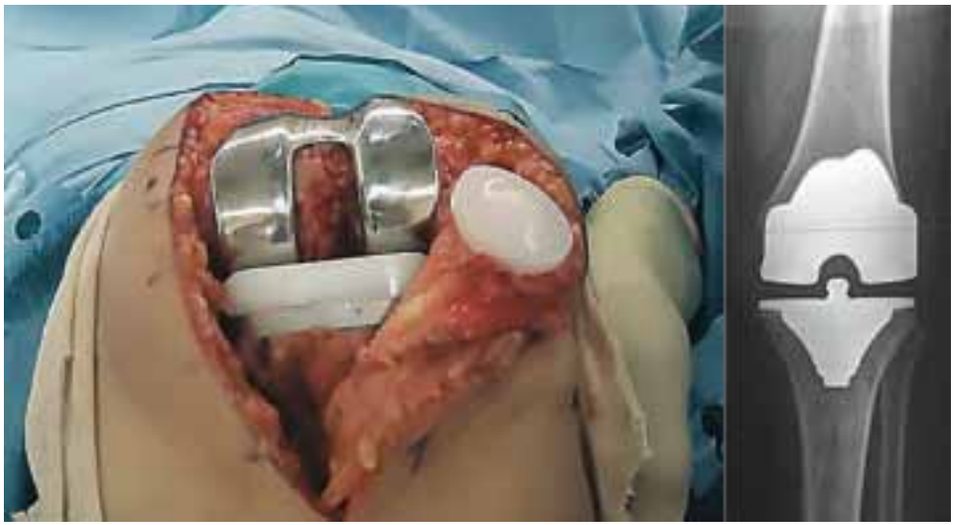
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at Downtown Medical use advanced imaging technology called a "C-Arm."

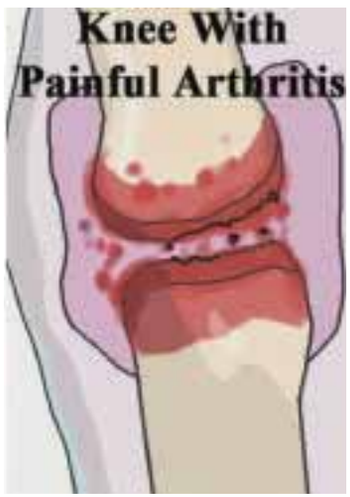
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Downtown Medical New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Downtown Medical.

Downtown Medical is a state of the art medical facility offering only the best technology.

And that's not all - Downtown Medical has a complete knee relief program called "P.AC.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.AC.E program.

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Most Union Plans • Transit Worker Plans
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EZ payment plans and financing also available

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. Downtown Medical uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at Downtown Medical can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments and the P.AC.E program are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At Downtown Medical

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give Downtown Medical a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Downtown NYC Medical
65 Broadway, NYC

Med. Director: Gazelle Craig, D.O

The Kardashians are not digging Cuba

ALL PHOTOS GETTY IMAGES

How awesome would it be to visit Cuba? Not very awesome if you're a Kardashian, apparently. The whole team went down to check out the newly available vacation spot — because Cuba is "so hot right now" — but they're apparently finding the amenities a bit lacking. "They love the culture, but they don't like the technology. They've had an issue every two seconds about not having Internet. They complained they couldn't get on Snapchat. They're frustrated and they can't wait to leave," a source tells Page Six. But a rep for Kim Kardashian says it's all a bunch of nonsense. "If there are any issues, they are production issues," her rep says. "The ladies don't have any issues and are having a great time. They knew there wouldn't be Internet service before they came." Yeah, but I can imagine Kim & Co. interpreting "no Internet" as, like, just really slow Internet.

Speaking of production issues, the folks tasked with chronicling the family's adventures is apparently having troubles of their own — like getting locals to sign release forms. "They don't have reality TV in Cuba. The Kardashians aren't a big deal," the source says. "They are like, 'Who are you? Why are you filming?'" Oh man, it must be nice to be Cuban.

Ozzy and Sharon Osbourne on the outs

On the one hand, it's never nice to hear about a marriage break apart, but on the other it's inspiring to see that even at age 67, Ozzy Osbourne can throw down like a terrible husband half his age. Ozzy and wife Sharon Osbourne are reportedly calling it quits after 34 years of marriage and several seasons of reality TV scrutiny because Ozzy is allegedly having an affair with his hairstylist. "Sharon went ballistic with Ozzy and accused him of having the affair," a source tells the Sun. "She said she had suspected something had been going on for some time and now had proof. People are wondering whether Sharon went through Ozzy's phone before accusing him. She has done that before, but in the past she was checking if he'd been using drugs." Sharon reportedly kicked Ozzy out of the house, and he's now staying in a Los Angeles hotel. "He is not speaking to Sharon," the source adds. "And she has not let him back into the house." Yikes.

Louis C.K. quit the Internet and so can you

Are we looking at our phones too much? That's the idea Louis C.K. is working with lately, as he's discovered that looking down to check your phone while in conversation is a new and special kind of rude where you're putting the person in front of you on pause. It's extra sucky when the person is your kid. "My kids are nice people so they just wait," C.K. tells Conan O'Brien. "[My daughter] dies inside every time I do this." His solution? Asking his daughter to set a parental code on his phone's Web browser. "It's supposed to be the other way around," he says. "It's supposed to be a parental code to keep your kid off the Internet."

the word

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Michael Phelps gave his son an appropriate bro-ish name

Celebrities giving their kids ridiculous names is nothing new. And as far as that trend goes, Michael Phelps' pick for his newborn son isn't so bad, I guess. But man, way to go ahead and define a kid's personality before he's barely had time to open his eyes. The 18-time Olympic gold medalist and fiancee Nicole Johnson welcomed their first child late last week, and what did they decide to call him? Boomer Robert Phelps. Yup, Boomer. But hey, it's your kid, Phelps. Knock yourself out.

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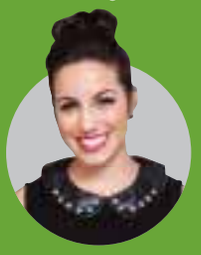
LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



Your online dating soulmate may be swiping right next to you. ISTOCK

When you're constantly checking your phone, how many connections do you think you're missing out on? If you were paying attention, you might see that cutie at Starbucks who tried to make eye contact or that person on the subway who wanted to say "hi," but decided you weren't approachable with device in hand.

These days, you might not even know the boy or girl next door.

According to a 2015 Gallop survey, more than half of us check our phones a few times an hour. Eleven percent of people even 'fessed up to checking their device every few minutes. Bottom line: Potential partners are all around you and you're missing them.

Proximity-based apps aim to close the gap so you can connect device-to-device with those who are nearly face-to-face.

Cheekd uses your phone's Bluetooth to connect you with matches nearby. When you're within 30 feet of another single, it will send you a notification. If you both opt-in, the messaging and flirting can commence.

Happn shows you matches you've crossed paths with naturally in life. Each time you are within 250 meters of a match, they appear at the top of your newsfeed — and it will even show you the intersection where you encountered each other.

The irony is that these apps are a throwback to the first few dating apps developed — you know, before Tinder existed. And the old-school version of location-based apps weren't even popular.

In 2009, when I started my business and the first dating apps launched, my clients were hesitant use them. "It's creepy to see who is around me," they told me. But today, my clients enjoy it instead. "I get to see guys I'm probably just missing on my commute," one recently told me.

As a society these days, we're less afraid of people on the Internet and more concerned with having access to as many singles as possible to find the one.

Look up and see who is around you ... or at least join apps like Cheekd or Happn to find out who you're missing nearby.

The season of magic

"Game of Thrones" is entering a new phase, and Carice van Houten's Melisandre is at the center of it.

DARIA BUYANOVA
Metro World News
letters@metro.us

The sixth season of "Game of Thrones" started off with two shocking twists — both involving the Red Witch, Melisandre.

Though she'll have to tweak her skills when it comes to seeing the future, Melisandre was key to the resolution of the biggest mystery since the end of the show's fifth season last June: how Jon Snow will come back to life. (Because nobody actually believed the showrunners when they said he was dead, right?)

Melisandre's magic may not have put Stannis Baratheon on the Iron Throne, but if it can raise the dead — and, in another shocking reveal, keep her alive well beyond a natural human lifespan — then maybe the Lord of Light she worships hasn't forsaken her after all.

Known for violence on a personal and battlefield scale to move its plots along, the sixth season of "Game of Thrones" is being dominated by those who can wield magic. We asked Dutch actress Carice van Houten about what's we can expect from Melisandre.

How did you approach the character this time around after everything that happened in Season Five?

We've left my character in a really bad state. We've never seen her so shaken, so out of control and even confused and vulnerable. In the very last scene [of the fifth season], where she's confronted with devils asking: "What happened?" — she can't even speak; she's completely thrown.

For me, it was great as an actor to move away from this controlling, fanatic, strong character who never shows any emotion and is just very, very focused. And all of a sudden, she's like, "Oh, my God! What happened?" And I loved it; it's my favorite season.

Melisandre is in the throes of a crisis of faith. HELEN SLOAN, HBO

GETTY IMAGES

Melisandre horrified a lot of fans when she sacrificed Shireen, the daughter of Stannis Baratheon, last season. She's been at the center of a lot of the worst events over the show's history.

As an actress you go, "Wow! This is great, epic and nobody is going to forget this." I mean, I had a few of those: the leeches on the penis and the giving birth to the shadow babies. But this really topped everything, of course. As an actor you think this is great, but as a person you think it's the most horrible thing you have done. And it's not going to get me any sympathy points.

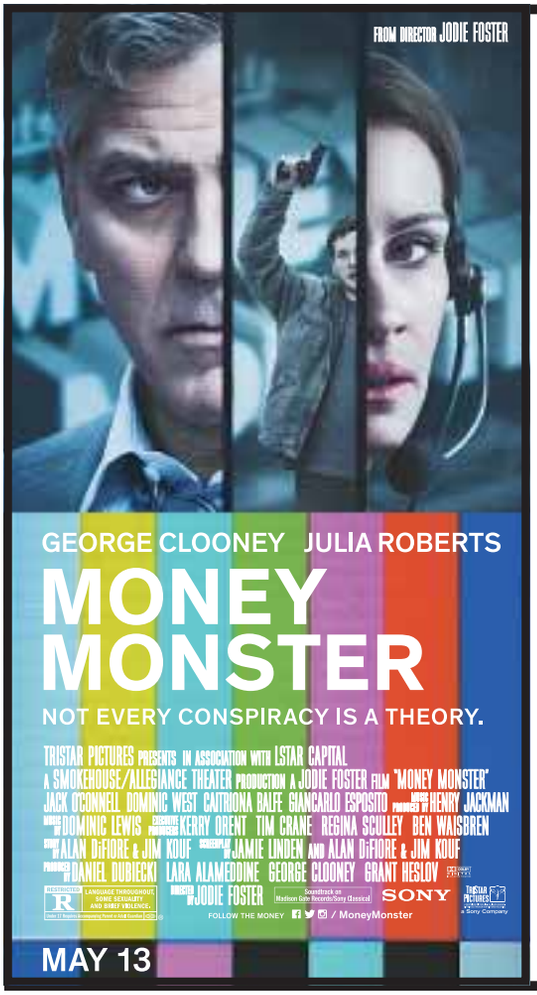
The shooting itself was also quite harsh. It was extremely cold with strong wind and snow. And, of course, my character is never cold, which is also a challenge in itself. And then there's Kerry [Ingram, who plays Shireen] — a sweet, bubbly, lovely girl, who is also a very good actor — making you believe she is really on fire. That doesn't really make it easier. But we did have a lot of fun.

Have you been harassed by fans over your character's actions?

Oh, yes, but it's funny — there are also people who like my character. I'm a bit suspicious of these people [Laughs]. But, you know, it's nice for an actor. Obviously, people like to hate, or like the mystery Melisandre is surrounded with. And it's difficult to like a character like this, in comparison to the Onion Knight.

Should we expect more nudity in Season Six?

This is my answer: Yes and no. And you will see why.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May the best brunch win
Warm weekends are coaxing us out for brunch, but until now, there's not been a proper showdown to find the city's best late breakfast-early lunch dish. That will be corrected this Wednesday, when The Village Voice holds its first Brunch Eats showdown aboard the Intrepid museum, with more than 20 restaurants tempting your sleepy tastebuds to wake up to German shredded pancakes with mascarpone cream and seasonal fruit (Edi & The Wolf) and duck carnitas on a corn bun with Negra Modelo Morita salsa (The Black Ant). The event goes from 8 p.m.-11 p.m. and includes live music and, of course, brunch-appropriate cocktails. Tickets start at $60.

Warm weather brings lobster ramen to Cull & Pistol
Spring is arriving one rainy day at a time, and Chelsea Market oyster bar **Cull & Pistol** has a new menu item perfect for both kinds of weather: lobster ramen. The dish, created by executive chef David Seigal, is made with lobster meat (knuckle and claw), corn, five-minute egg, bamboo shoots and pickled shiitake mushrooms in a lobster-miso broth with a hit of chili oil ($21). "The lobster broth is meant to be more like a lighter miso-based broth for the summer," he says. Also new for spring are an updated cobia crudo with young coconut, roasted cashews and charred chili in a ginger ponzu sauce ($13) and Spanish octopus with pickled ramps and hazelnut romesco ($14).

Commissary **MIRELLA CHEESEMAN**

Metrograph opens L.A.-style restaurant Commissary
To call the Lower East Side's Metrograph an indie theater would undermine not just its mission of screening rare, restored and "lost" films and documentaries, but also its Old Hollywood aesthetic. Movies feel important here, and now so can your pre-show drinks and post-film analysis at its new dining room, **Commissary** — think Hollywood studio lots of the 1920s-'40s, where marquee stars ate next to the crew. The short menu is classic American with Argentinian influences; classic cocktails and French-American wines are available at its two bars.

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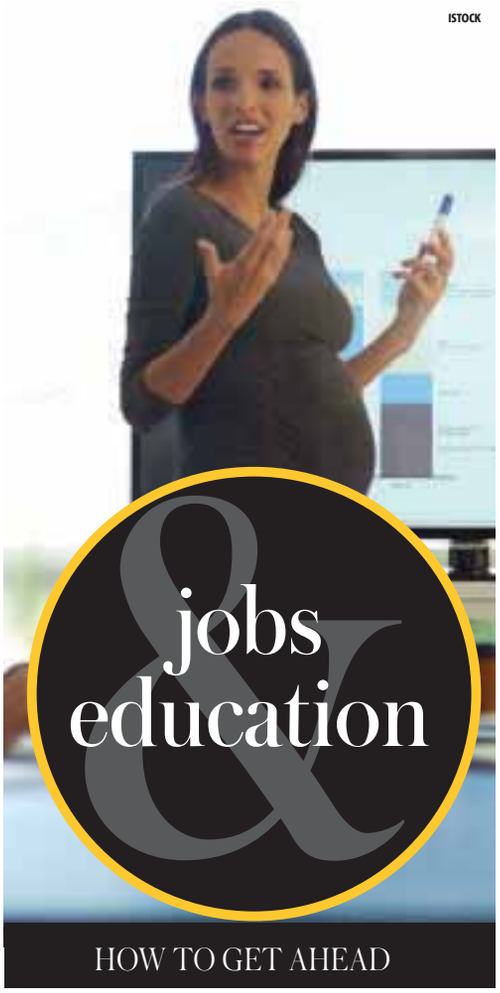

ISTOCK

At Fairygodboss, women get real about maternity leave

How one website is changing the way working and expectant moms are treated at the office.

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When Romy Newman and Georgene Huang, both former Dow Jones executives, wanted to find out about maternity leave policies at companies where Huang was applying, they knew she couldn't ask during her interviews. Haung had unexpectedly lost her job — and she was two months pregnant.

"It's a very difficult time to look for a job when you're two months pregnant. You're not really telling anyone you're pregnant, but you're probably going to take the job and go out on maternity leave soon thereafter," says Newman.

Newman and Huang found that public information about how companies promoted and supported women in general — much less the specifics about maternity leave policies — was very limited.

The experience prompted them to launch Fairygodboss, an online portal where women can anonymously crowdsource information about their employers' salaries, benefits and overall treatment of women. Since launching in March 2015, the site's 40,000 users have shared more than 22,000 reviews, offering pull-no-punches answers to questions about maternity leave, child care, flextime and bonuses.

The site collects reviews about major employers including Apple, Amazon and IBM; companies are rated based on general questions about office culture, such as whether women feel they're treated equally to men, and specifics, like whether they have a private space to pump for breastfeeding moms.

"The idea is if I was going to interview at a company, I could find out what women are thinking and anonymously message them through this service," says Newman.

Fairygodboss recently added an employer portal for companies to communicate with and recruit women at the top of their game, particularly in tech and business. So far, companies like Accenture and Dow Jones have paid the $10,000 annual fee to share content about their policies and practices on the site. (Fairygodboss is free for its individual users.)

"There are many employers out there who are doing incredible things for women, and we want them telling their stories so other employers can pick up the best practices," says Newman.

Putting information from employers side-by-side with employee reviews is part of Fairygodboss's larger goal of improving the workplace for women by creating transparency.

"The point is any given user on the site will be able to determine what people have to say, and what the company has to say," says Newman, who notes that having employers share comprehensive data adds another dimension to the site's level of transparency.

Despite strides in parental leave policies nationwide, there's still a long way to go. A recent Fairygodboss survey found that just six of the top Fortune 100 companies actually post their maternity leave policies on their websites, and 80 percent of women actually take a job without knowing a maternity leave policy.

Says Newman: "Like anything else, you can't understand it till you've walked in those shoes."

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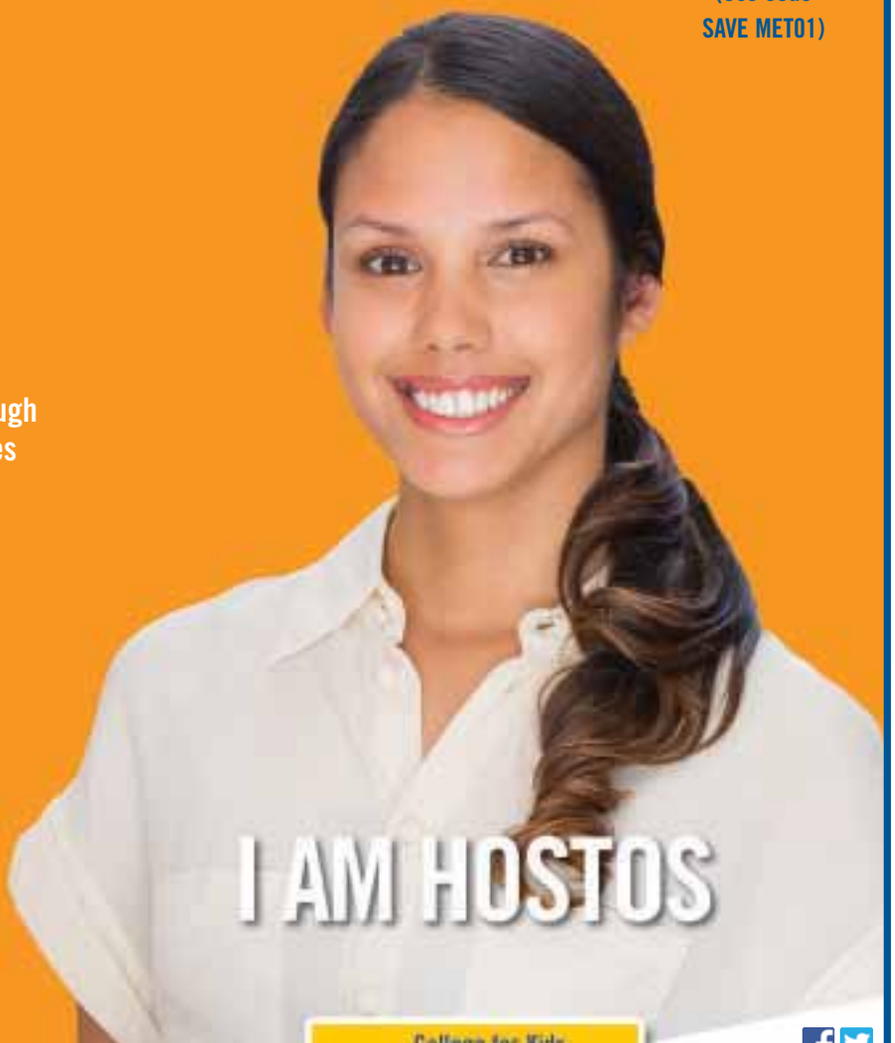

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The hardest part of the job search isn't what you think

Feeling demoralized and "flawed" can take a toll on job seekers.

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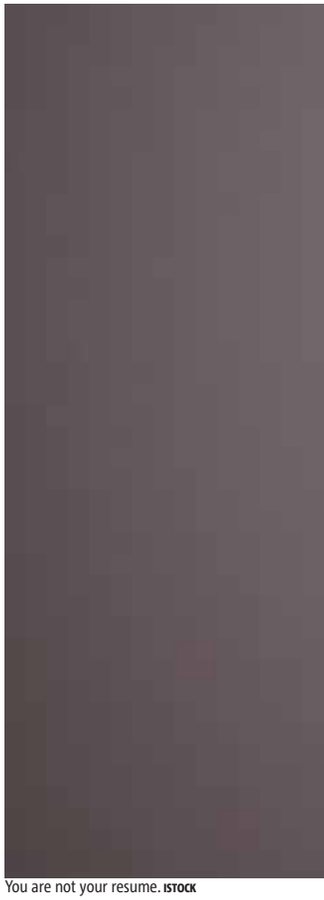
First dates and job interviews have a lot in common. In both scenarios, success is determined by chemistry, personality, responses to open-ended questions like "Tell me about yourself" and vague assertions about being a good fit. But do you want to pick, say, a computer programmer using the same criteria as you would a life partner?

Not really, says Ofer Sharone, a professor of sociology at the University of Massachusetts at Amherst and the author of "Flawed System/Flawed Self: Job Searching and Unemployment Experiences," which compares hiring practices in the U.S. and Israel.

Sharone's research suggest that in the U.S., hiring is often based on a subjective process. Not only does this allow employers to rely on their biases and perpetuate homogeneity in the workplace, but "it creates an experience



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of the job search which is highly personalized," says Sharone. "So therefore, when you're unemployed and you're facing rejections for six months to a year, it's very common to hear people start talking about they're flawed, or saying 'something is wrong with me.'"

Yes, the search can be a drag, but there are steps job seekers can take to counter the status quo. Sharone offered his best advice for staying upbeat, even while your résumé returns nothing but radio silence.

Know what you're up against.

When hiring is based on highly subjective elements such as chemistry or gut feelings, it can "create a challenge for anyone who is extremely skilled and qualified to try and conform to the mold for what "the right fit" is," Sharone says. "Networking, together with interviews, creates a [hiring] situation that has a lot with intangibles."

The focus on intangibles tends to put more focus on passion, as opposed to skill. This ethos can lead job seekers to take rejections far more personally — particularly those who've been scouring the market for six months or more — and leave them feeling demoralized, and even flawed, says Sharone.

Mind the gap (on your résumé).

Even if you're unemployed, do something career-related. "If you're a professional, you want to have something at the top of the resume that you're currently doing in your field," Sharone says. "You have to be active and up-to-date in your profession, and whether you're paid for it is really secondary. Employers have absurd biases, and this is a way to counter the bias."

Consulting gigs or volunteering are great ways to stay engaged while unemployed, says Sharone. Whether it should or not, the stigma against the unemployed persists.

Seek support.

During a period of unemployment, it's not uncommon for self-esteem to take a hit. "A good way to counter this is to find a peer support group. Find people who are going through the same thing. It deindividualizes the experience," says Sharone.

People often think they're the only ones feeling discouraged, but understanding biases and structural obstacles can prevent frustrated job seekers from putting the onus entirely on their shoulders. "You realize the dice are loaded, but you need to keep rolling the dice nonetheless," he says.

Keep your eye on the prize.

When discouraged, it's easy to fall into extreme thinking, but "you have to recognize the kind of game you're playing. It's somewhere between the lottery and chess. It's a mistake to think you have all the power, or that you have no power," adds Sharone. Ready for another metaphor? "Job seeking is not like baseball. You just need to hit it once."

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Islanders eliminated after ugly Game 5 loss

New York's playoff run is over in Tampa.

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Things got ugly quickly Sunday for the Islanders. GETTY IMAGES

The season is over for the Islanders, whose playoff run ended in Game 5 in Tampa after an ugly 4-0 loss Sunday afternoon.

The series seemed to slip away more and more as the five games progressed, winding down with a whimper and shutout loss.

A late-first-period snipe from Victor Hedman, twirling around 180 degrees to fire from the slot put the Lightning ahead early.

A few minutes later, Tampa piled on and took a commanding lead when Brian Boyle beat Thomas Griess (from Matt Carle and Cedric Paquette) to make things 2-0.

In the second, another nail was hammered into New York's coffin, a second strike from Hedman (assisted by Jonathan Drouin and Tyler Johnson). The goal came on the man advantage and took much wind from the Lightning's sails as they clinged to life with just 20 minutes left in their season.

It seemed like every time Tampa beat the Islanders defense, Ben Bishop — who had 27 saves, many of them spectacular, had an answer. Griess had 21 saves on 25 shots.

After scoring a power play goal in each of the series' first four games, the Islanders failed to net a goal on the man advantage despite four chances Sunday.

In the third, with their fate nearly sealed a Nikita Kucherov goal all but ended New York's season.

It was a campaign that saw them win a playoff series for the first time in the lifetime of many young Islanders fans, but one that many will conclude ended a bit too early after winning Game 1 and folding in a pair of bitter overtime setbacks.

The Lightning will advance to the Eastern Conference Finals and will face either the Penguins or Capitals (who play in Game 6 Tuesday night at 8).

23

ISLANDERS FANS WILL REMEMBER 2015-16 AS THE SEASON THAT ENDED THEIR 23-YEAR LONG DROUGHT. BEFORE THE ISLES BEAT THE PANTHERS IN THE FIRST ROUND, THEY HADN'T WON A SERIES SINCE 1993.

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Apple, Giants rookies get taste of NFL in minicamp

An overwhelming sense of optimism is in the air as the Giants start preparing for the 2016 season.

TONY WILLIAMS
@TBone8
sports@metro.us

Apple says he's up to the task of being key to the Giants' secondary. GETTY IMAGES

The Giants kicked off their rookie minicamp last week, which allowed new head coach Ben McAdoo to finally get his hands on his maiden class as Big Blue's new lead man.

Every rookie who was drafted by the Giants, and over a dozen more undrafted players who were brought in to compete, went through a weekend's worth of on-field drills and classroom preparation.

Led by first-round pick Eli Apple, the newbies met the press and got a brief synopsis of what it's like to be a player in this market.

Apple, a New Jersey product by way of Voorhees, was already accustomed to life in a big market. He noted that he's been preparing for this moment most of his life, thanks to his mom Annie Apple, who's become an Internet sensation due to her very entertaining Twitter account (@SurvivinAmerica).

The former Ohio State product joked that he's more than happy to allow his mom to be the Internet star, while he'll just let his on-field play do the talking.

"I have no problem with that [her being in the spotlight] at all. If she wants the whole spotlight, she can have it. It doesn't make a difference to me. It does not surprise me [that she's become a hit] one bit. I kind of expected it … I know how she is and I know her personality on Twitter and out in public. I'm fine with it. It's nothing surprising at all," Apple said, adding all he cares about is earning the respect and confidence of his new teammates. "We're big on earning things and not just going out and doing the most flashy stuff. She always kept me humble growing up."

Apple will get his chance to get humbled by veterans and newcomers alike. He knows that being the team's No. 1 pick will put a target on his back.

Apple will slide right into the nickelback position when the Giants employ five defensive backs. The former Buckeye acknowledged that it'd be a change for him, but is up for the challenge.

"I'm learning a little bit of everything. I know it'll be different. It's a lot different from playing on the outside because the outside is a little bit more simple. Inside, you have to communicate a little bit more and just know a little bit of what everybody else is doing. It is going to be a little bit of transition, but I'm looking forward to it," Apple said, noting the thick playbook. "It's a little bit more studying. Learning different techniques from playing outside, so you've just got to learn it and try to rep it as much as possible … I've had a couple of meetings so far and I'm just looking at everything."

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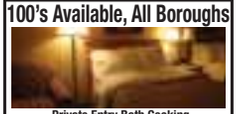

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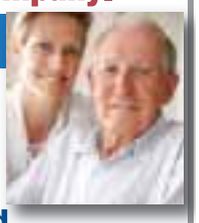

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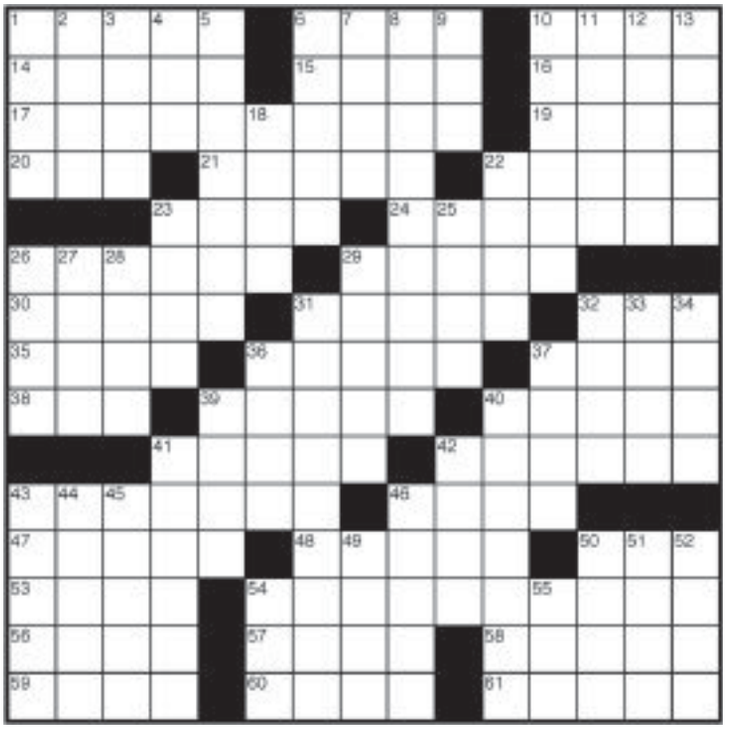

Across

1 Sight-related
6 Lhasa —
10 Customs request
14 Hockey venue
15 Spillane's Hammer
16 Remove wrinkles
17 Tough as nails (hyph.)
19 Part of a deck
20 Ms. Thurman
21 Benefactor
22 Espresso with milk
23 Writer — Seton
24 Title for Josephine
26 Chest
29 Big bucks?
30 Coconut grove
31 Flower goddess
32 1960s style
35 Belt maker's tools
36 Had tea
37 Intuition
38 Can. neighbor
39 Zen riddles
40 Actress Ina —
41 Look at the books
42 Most parched
43 Kind of freak
46 Dipper, sometimes
47 Give — — (care)
48 I thought -- never leave!
50 Shooting marble
53 Madeline of "Blazing Saddles"
54 Egyptian character
56 Clapton or Roberts
57 Flying prefix
58 Spine-tingling
59 Dinner and a movie
60 Paperback ID
61 Rock, but not roll

Down

1 Waikiki island
2 Wheels for nanny
3 Trillion, in combos
4 Not Dem. or Rep.
5 Beach huts
6 Garcia's girl
7 Atomic —
8 Closet items, so to speak
9 U.K. lexicon
10 Deputies
11 In a foul mood
12 Arranges
13 Alpaca locale
18 Black mineral
22 Links org.
23 Provides rifles
25 — my words!
26 High priestess of Vulcan
27 Goes left
28 Clay pot
29 Biased viewpoint
31 Weaknesses
32 Distance measure
33 Kyoto sashes
34 Soup can flaw
36 Long-gone bird
37 Colorado ski resort
39 Cobain or Russell
40 River crossers
41 Now (2 wds.)
42 "The Banana Boat Song" (hyph.)
43 Crusted over
44 Tara heroine
45 Pitcher's dream game (hyph.)
46 Evita or Juan
49 Sage or thyme
50 Rookie
51 Neat as — —
52 What fun!
54 Yes, in Kyoto
55 — on (pretend)

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easy

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5			4		7			6
	1				3	7		9
						3	7	
		5		7		9		
	4	1						
4		6	9				8	
8			7		4			1
	9		3			6	4	

hard

1			7		3	6		
7			8					
		4	1			9		
	5		4	7	1			
	1		6		9		2	
			5	8	2		7	
		9			5	7		
					8			5
		3	9		7			6

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Aries Don't be daunted by the changes going on around you. Turn any negative you encounter into a positive. Strive for perfection and detail, and focus on getting things done.

Taurus Make things happen. Aim to improve your life. Alter your living quarters or lifestyle to suit your current needs and projects. Personal changes and romance are favored.

Gemini Something or someone will lead you astray. Resist temptation, and concentrate on what you can accomplish. Arguing will not bring the results you want.

Cancer Your suggestions will be well-received and will put you in the running. Partnerships are favored, and expanding ideas, making plans will improve your life.

Leo You desire change, but will face opposition if you are too blatant about what you want to do. Putting everything in its place before you share your plans will give you an advantage.

Virgo Engage in discussions that will increase your knowledge and help you gain respect. Short business trips will give you an opportunity to promote your ideas.

Libra Don't let a challenge stop you from doing your own thing. Find a space that allows you peace of mind and provides the right setting to develop something spectacular.

Scorpio Sort out personal affairs and discuss your plans with an important person in your life. Someone with interesting ideas will help you reach your destination.

Sagittarius You are best off making some hands-on changes. Physically moving things around or renovating a space to help carry out one of your dreams will be your best outlet.

Capricorn You can reap the rewards for smart moves you have made in the past. Financial gains, settlements and canny negotiations are all favored. Celebrate with someone you love.

Aquarius Do your best to bring about changes that will make others notice you. Children or an older friend or relative will support your efforts and decisions.

Pisces Say less and do more. You'll have outstanding ideas that can help you bypass anyone trying to make you look bad. A partnership is favored, as is romance. EUGENIA LAST

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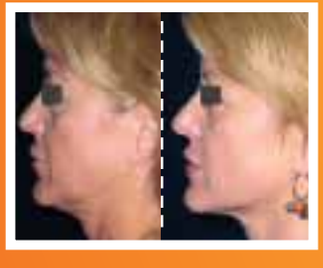

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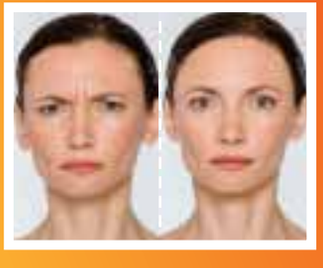

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